

### Treatment of Constipation (In pregnancy OR after surgery)

<b>Dietary Supplements:</b> Foods/ supplements you can eat to help make bowel movements more regular.	<b>Stool Softeners:</b> Medications that will help increase the amount of fluid in the stool, soften it, and make it easier to go.	<b>Laxatives:</b> Medications that stimulate your intestines to help you have a bowel movement.	<b>Miscellaneous:</b>
Drink more water	Colace/Docusate (1-3 times/day)	Milk of Magnesia	Enema
Exercise	Mineral Oil	Dulcolax	Glycerin Suppository
Fruits		Miralax	
Vegetables		Senna	
Prunes/Prune Juice/Raisins			
Fiber Supplements: Metamucil, Citrucel, Benefiber			
Whole Grain Cereals: Raisin Bran, Fiber One			
Oatmeal			